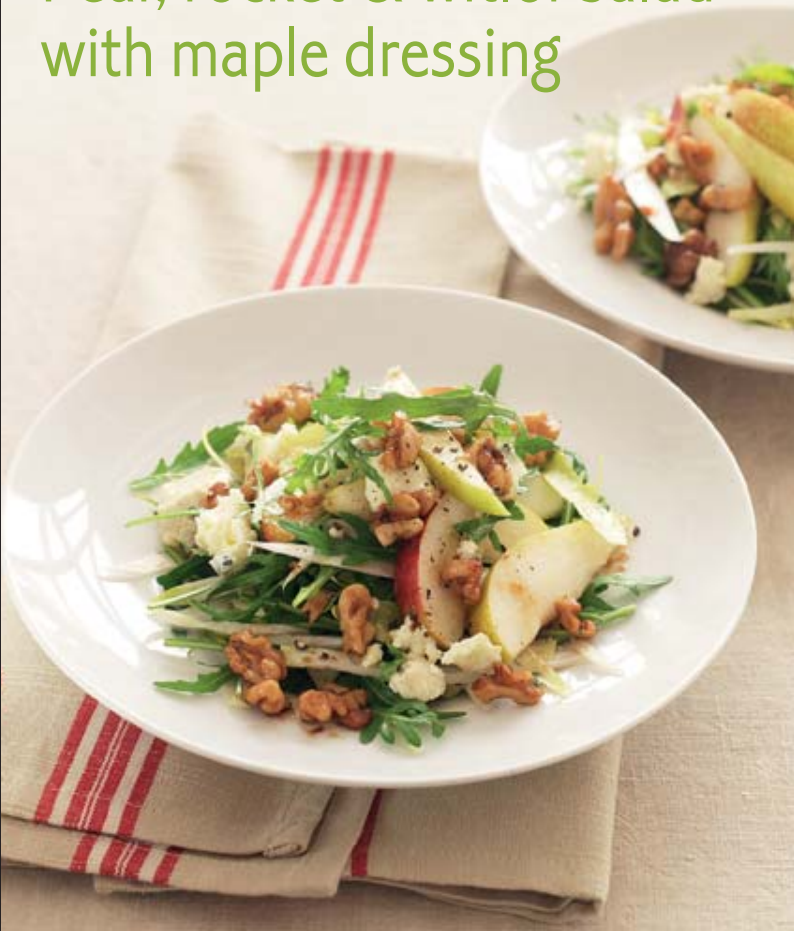


Pear, rocket & witlof salad with maple dressing



Pear, rocket & witlof salad with maple dressing

Preparation: about 15 minutes

Cooking: about 3 minutes

Serves: 4

2 witlof

50g wild rocket leaves

2 firm Corella pears

150g soft creamy blue cheese, roughly crumbled

Dressing

¼ cup olive oil

⅓ cup walnuts, chopped

2 tbs maple syrup or honey

1 tbs balsamic vinegar

Salt and ground black pepper to taste

1. To make salad, trim and halve witlof lengthways. Thinly slice witlof leaves and place in a large bowl. Add rocket and toss to combine. Arrange on serving plates or a platter. Halve pears lengthways and cut lengthways into thin slices. Arrange pears and crumble blue cheese over witlof and rocket leaves.

2. To make dressing, heat 1 tbs oil in a small non-stick frying pan over medium heat. Add walnuts and cook, stirring often, for 2 minutes or until toasted. Remove from heat and add remaining oil, maple syrup and balsamic vinegar. Season with salt and pepper to taste. Stir to combine. Drizzle warm dressing and walnuts over salad and serve.



Corella pears

- A good source of dietary fibre. An average pear has as much fibre as almost 2 cups of cooked brown rice.
- Provide vitamin C, a vitamin that is important for healthy gums and blood vessels.
- A fruit with a low GI, which means it gives a sustained release of energy.

For fresh fruit and vegetable recipes visit
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